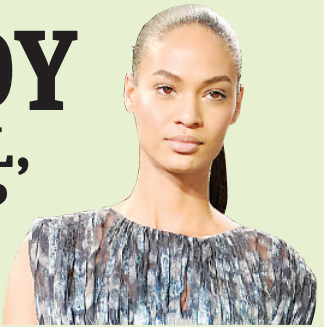
WHY THE HECK IS IT CALLED A BILLY?
CRACKING THE IKEA NAMING CODE {page 28}

THESE FLICKS ARE REAL KILLERS
WHEN ANIMALS ATTACK {page 14}

TRENDY
AS DAYS COOL, WHAT'S HOT?
STYLE {page 21}



VANCOUVER metro®
Thursday, August 19, 2010
www.metronews.ca

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Man critically hurt in stabbing

- RCMP found victim in a pool of blood on Dewdney Trunk Road
- 24-year-old suffered life-threatening injuries and remains in hospital

KRISTEN THOMPSON
@METRONEWS.CA

A man is recovering from surgery with what police say are life-threatening injuries after being found on a Maple Ridge road with serious stab wounds.

Insp. Darren Lench said it's not clear what the victim was stabbed with, but it was likely a large blade like a sword or a machete.

"The investigation is in the beginning stages, and police are trying to learn all the details," he said.

"Police were called to the 21100 block of Dewdney Trunk Road just before 3:30 a.m. Members of the B.C. Ambulance Service attended, and the man was taken to Royal Columbian Hospital."

No suspects have been arrested and it's unclear why the victim was targeted.

The identity of the victim has not been released.

YVR. Tour group a first

▶ Members of a Chinese tour group wave flags as they walk through Vancouver airport's international arrivals terminal yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Chinese tourists touch down

The arrival of the travellers marked the first time a tour group from China has visited this country since the Chinese government granted Canada Approved Destination Status. The 350 visitors were accompanied by an official delegation of the China National Tourism Administration. Story, page 3.

Special feature

Guide to going back to school

Top your shopping list with colourful gadgets, other home-away-from-home essentials Five ingredients for making easy meals any time of the day {pages 30, 32}

Savour the lunch rush

Metro's review of Hapa Izakaya in Yaletown {page 29}

Grow-op bears big surprise for RCMP

10 black bears were being used to guard property, police say {page 4}

Marriage: Not for everyone?

John Mazerolle questions the 'mandatory milestone' {page 12}

Post-rehab jackpot awaits

Lohan reportedly offered $1M for interview {page 17}

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Storm could fuel wildfires: Experts

Officials issued additional wildfire evacuation orders yesterday amid worries that a storm front could exacerbate the provincial wildfire situation.

B.C.'s wildfire management branch is concerned that this week's forecast of strong winds and lightning — with no rain — will fan forest fire activity.

"This is a very serious situation and we are focused on providing as much relief as possible," said Gwen Eamer, a provincial fire information officer.

Fires forced nearly 500 families to evacuate their homes around Alexis Creek and Anahim Lake on Tuesday.

The prediction of strong, erratic winds has fuelled worries about an already bad situation.

Officials plan to keep bringing in action crew reinforcements from Alberta, Ontario and Manitoba, as well as the U.S., said Eamer.

"We will keep calling in crews from outside provinces and with the Northwest Fire agreement, we can reach out to the U.S. if needed," she said.

There are currently 278 forest fires burning in B.C. and 71 per cent of the province is at a high or extreme rating for forest fires.

JENNIFER O'CALLAGHAN

PHOTO COURTESY PROVINCE OF B.C.

▶ A fire rages near the Cassiar Highway in the Kootenays yesterday.

City welcomes first Chinese tour group

Until this year, travellers booking holidays through tour groups in China weren't allowed to visit Canada

KRISTEN THOMPSON
@METRONEWS.CA

Members of the first-ever Chinese tour group allowed to come to Canada were greeted at Vancouver International Airport yesterday by Mounties and officials handing out Canada flags.

The 350 people booked trips through tour operators in Beijing, Guangzhou and Shanghai. They're the first leisure travellers to visit since China granted Canada Approved Destination Status (ADS) in June.

One nine-year-old traveller, whose English name is Dragon Boy, said he's most looking forward to seeing mountains and a black bear.

Du Chang, vice chairman of the China National Tourism Administration, said this is the largest tour group to any country so far, adding, "We just landed and already we feel the heartfelt welcome of Canada."

"The (ADS) agreement will be a boost to our tourism industry and we are looking forward to many more visits in the future."

PREMIER GORDON CAMPBELL

Stockwell Day, Asia-Pacific gateway minister, said the ADS is expected to bring 100 million international travellers from China by 2020.

Chinese travellers injected $260.6 million into the Canadian economy in 2009.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Tourists from China are greeted by media at YVR yesterday.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

A decision to ban kites from a Toronto park isn't flying too well with fans. Video at metronews.ca.

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News in brief

Group sets up trust fund for fire victims

IMMIGRANTS. Local immigrants support group S.U.C.C.E.S.S. has set up a trust fund for victims of a fire that burned down a Richmond apartment on Aug. 7.

Victims were mainly immigrants and low-income families without insurance.

VANESSA YEE

Tortured Tabby gets euthanized

INJURIES. A Tabby cat that was dipped in paint thinner in New Westminster has been put down.

Two-year-old Harley suffered severe burns to his throat and mouth and couldn't breathe properly, CTV News reports.

METRO VANCOUVER

Suspect gets a ride out east

CRIME. Vancouver police are shipping a 30-year-old man back to Toronto where he is wanted on 11 outstanding warrants. Richard Drew Lawson was on Vancouver's Con Air's Top 10 Most Wanted list.

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Is pot part of the 'bear necessities'?

RCMP find 1,200 marijuana plants and 10 bears during bust

VANESSA YEE
VANCOUVER@METRONEWS.CA

We've all heard of guard dogs, but who's ever heard of a guard bear?

RCMP received quite a shock when they encountered a total of 10 black bears while dismantling an outdoor grow operation at Christina Lake on July 30.

RCMP said it appeared that the bears were being used to guard the grow-op and the property.

They seemed "habituated to humans and ... very docile," said Cpl. Dan Moskaluk.

According to the RCMP, the bears were being fed dog food.

The bears were considered a "threat in the area" said Moskaluk.

RCMP also encountered a frantic pig and a raccoon inside a house on the property.

For more local news, visit metronews.ca

COURTESY RCMP

An RCMP officer with black bears at Christina Lake.

Are you entitled to a refund from police?

More than 2,500 people were incorrectly charged either $3 or $8 of HST by the Vancouver Police Department between July 1 and Aug. 19.

If you had a record check or fingerprint service from the VPD during that period, you may be entitled to a refund of the HST.

Contact the police department for further information.

VANESSA YEE

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San Diego	from $199 + taxes & fees $114
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Vancouver Island Family Weekend Special, 2 Nights from $99◊ taxes & fees included
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Whistler Fairmont Group Special 2 Nights + Golf from $139 taxes & fees included
INCLUDES accom at the famous Chateau Whistler and 2 rounds of golf per room with unlimited use of the practice facility. Price is per person based on quad occupancy. BOOK this package based on double occupancy from $227 per person.

Kelowna 3 Nights 3-Star from $219 taxes & fees included
INCLUDES accom waterfront accom on Lake Okanagan, near over 100 wineries and golf. ADD Summerhill wine tour from $12.

Rocky Mountains 3 Nights 4-Star from $354 taxes & fees included
INCLUDES accom in the heart of the Canadian Rockies and Banff National Park. ADD evening wildlife safari tour from $43.

USA Vacations

San Diego Air + 4 Nights from $399 + taxes & fees $114
INCLUDES accom fronting scenic San Diego Bay just minutes from attractions, shopping & the San Diego Zoo.

Washington Great Wolf Lodge 2 Nights from $139◊ taxes & fees included
INCLUDES family suite accom and waterpark access. Price is per person based on quad occupancy. BOOK this package based on double occupancy from $286 per person.

Las Vegas Air from Bellingham + 3 Nights from $269 + taxes & fees $33
INCLUDES air from Bellingham and accom on the Las Vegas Strip.

Anaheim Family Special Air + 4 Nights from $319◊ + taxes & fees $116
INCLUDES accom near the *Disneyland* Resort. Price is per person based on quad occupancy. BOOK this package based on double occupancy from $399 per person.

San Francisco Air + 3 Nights 3-Star from $439 + taxes & fees $114
INCLUDES 3 night accom in the heart of San Francisco. BONUS daily continental breakfast included. ADD Napa & Sonoma Wine Valley Tour from $73.

All-inclusive Vacations

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Varadero 7 Nights 4-Star from $605 + taxes & fees $216

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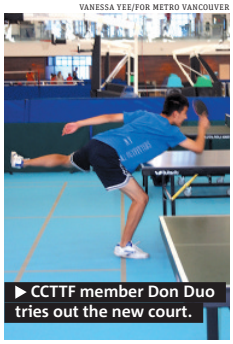
Richmond to get a grip on table tennis racket

Table tennis players to compete on high-tech $3M floor Sport will join volleyball, hockey at Oval

VANESSA YEE
VANCOUVER@METRONEWS.CA

VANESSA YEE/FOR METRO VANCOUVER



▶ CCTTF member Don Duo tries out the new court.

Out goes speedskating and in comes table tennis.

Saturday will be the official opening of the Table Tennis Centre of Excellence at the Richmond Oval.

Members of the Chinese Canadian Table Tennis Federation, along with John Mills, the general manager of the Richmond Oval, introduced the facility yesterday as the new hub of table tennis at a memorandum of understanding signing in Richmond.

Table tennis players will finally have a place to play where they can be seen, said Khen Ng, CCTTF member and table tennis coach. Ng said he hoped the move would make what he calls an underrepresented and overshadowed sport more visible.

The Oval will house 30 new table tennis tables by the end of September. There will also be three table tennis coaches who will work alongside chief coach Y.J. Liu, an international table tennis champion.

Johnny Fong, an honorary vice-president of CCTTF, said he hopes this centre will help "build a strong relationship between Canada and China."

The Oval hopes to become a national training centre for table tennis.

Golden. Perch

▶ The Golden Eagle lands at Science World on Saturday.

CONTRIBUTED PHOTO

Treasure at Science World

The Golden Eagle statue, worth an estimated $1.5 million, was made from 18 pounds of gold and 763 diamonds. At its claws perches the 12.73-karat Atocha Star Emerald. The emerald was lost in a shipwreck in 1622 and lay on the bottom of the ocean for 400 years.

Four people missing after plane disappears

Four passengers are missing after their single-engine plane disappeared en route to Victoria from Penticton.

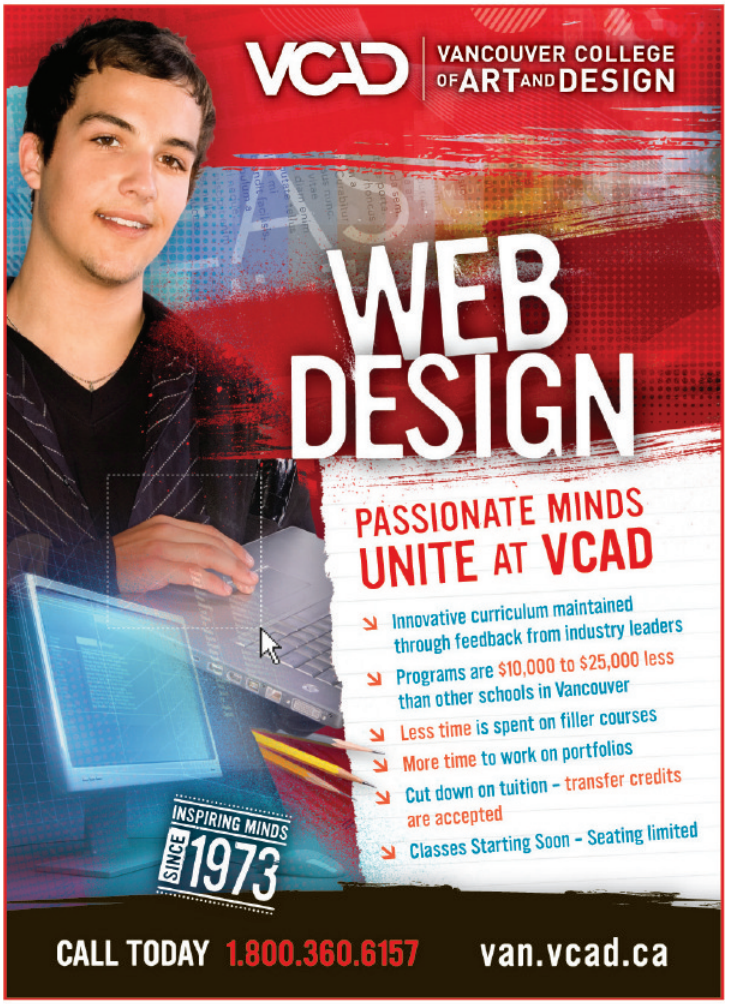
The privately owned plane took off just after 5 p.m. on Tuesday and was supposed to arrive at 7:30 in Victoria.

When it didn't arrive, the Joint Rescue Coordination Centre sent out a Buffalo search-and-rescue plane and a helicopter.

A second helicopter was added yesterday morning, but by deadline there was no sign of the single-engine plane. The Civil Air Search and Rescue team, a volunteer group that spends its own time looking for lost aircraft, is helping look for the plane.

The identities of the missing travellers have not been released.

KRISTEN THOMPSON WITH FILES FROM THE CANADIAN PRESS



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CLIMATE

Warming seas kill coral reefs

Coral that survived the 2004 tsunami is now dying at one of the fastest rates ever recorded, conservationists say.

It's all because of a dramatic rise in water temperatures off northwestern Indonesia.

Biologists went to Sumatra island in May when waters in the Andaman Sea peaked at 34 C — a 4 C rise over long-term averages.

The teams discovered massive bleaching, which occurs when algae living inside coral tissues are expelled.

THE ASSOCIATED PRESS

Feds say sorry to the Arctic exiles

The federal government is saying sorry to the Inuit families who were taken from their homes and moved to the remote High Arctic in the 1950s.

Historians say the move was made to reduce welfare costs and reinforce sovereignty.

Indian Affairs Minister John Duncan is offering the apology in Inukjuak in northern Quebec, the community where many of the families were from.

The families were moved to Resolute and Grise Fiord, the two most northerly communities in Canada.

THE CANADIAN PRESS

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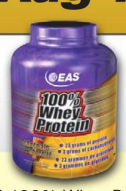
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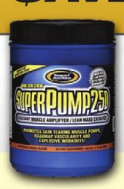
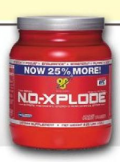
HOT BUY*
5 lb $58.39

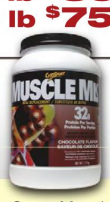

Gaspari Nutrition
Super Pump 250 (800 g)
HOT BUY*
$59.99

Allmax ISO Flex
various flavours
HOT BUY*
2 lb $36.79
5 lb $75.99

Gaspari Nutrition
Size On (all types)
HOT BUY*
$68.79

Hydroxycut Hardcore X
(120 cap)
HOT BUY*
$48.99


BSN No-Xplode
(1.8 / 2.25 lb)
HOT BUY*
$68.79


CytoSport Muscle Mlk
(2.48 lb)
HOT BUY*
$45.49

Ultimate Nutrition
ISO MASS (10 lb)
HOT BUY*
$89.99

VPX NO Shotgun
(1.3/1.4 lb)
HOT BUY*
$59.99

Muscletech Vitakic
(150 cap)
HOT BUY*
$41.99

Pro Performance Whey ISO Burst
HOT BUY*
2.2 lb - $29.99
6 lb - $68.99
10 lb - $107.99

Pro Performance Maximum Whey
HOT BUY*
2 lb - $23.99
5 lb - $41.99

Pro Performance Mass XXX
HOT BUY*
3.5 lb - $26.99
8.8 lb - $53.99
15.9 lb - $89.99

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Pakistan. Flood relief

▶ A boy reaches out for relief food at a camp near Sukkur in southern Pakistan yesterday.

SHAKIL ADIL/THE ASSOCIATED PRESS

Does the world care?

The scenes from flood-hit Pakistan are wrenching, but the global response to pleas for relief funds has been slow. The UN says it has yet to raise half its $460-million target. The World Health Organization has received commitments for just 25 per cent of the $56 million it asked for. Some 1,500 people have died in the floods, triggered by monsoon rains.

Click on this – to Google is our right

- That's the 'free the Internet' message being sent to the feds
- Finland, Spain open up the web

Should every Canadian have the right to Google, stream YouTube videos, and tweet their random nothings from the comfort of their own home?

The non-profit Public Interest Advocacy Centre says we should.

It is calling on the federal government to follow the lead of Finland and Spain.

On July 1, Finland became the first country in the world to declare that its citizens should have the right to high-speed Internet access.

Spain plans to enshrine the same right to reasonably priced broadband access sometime next year.

"The Internet, and in particular broadband services, are important both in terms of the economy of Canada and the individual lives of Canadians," said Michael Janigan, executive director and general counsel of the PIAC.

A report by the PIAC recommends that high-speed Internet be declared a basic service.

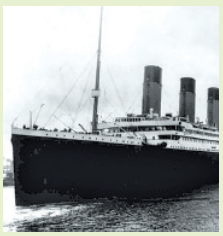
THE CANADIAN PRESS

Internet options

The federal government has had previous requests for open broadband access.

1. The National Broadband Task Force recommended high-speed Internet for all residents and businesses by 2004.
2. Another report called for it by 2010 "at the latest."

News in brief



Fire won't stop Titanic probe

ST. JOHN'S, N.L. A small fire broke out aboard a research vessel days before it is scheduled to leave Newfoundland for an expedition to the Titanic shipwreck.

But a spokesperson for the expedition says it will leave St. John's on Sunday as scheduled.

Scientists plan to assess the deteriorating condition of the Titanic and create a detailed three-dimensional map of the wreckage, nearly 100 years after the ship struck an iceberg and sank to the bottom of the North Atlantic.

THE CANADIAN PRESS

Cockfighting ring alleged

TECUMSEH, Ont. The Ontario Society for the Prevention of Cruelty to Animals has stopped an alleged cockfighting ring in southern Ontario.

Two men, both of Tecumseh, have been charged with owning or possessing equipment or structures used in animal fighting or training.

The OSPCA alleges the birds were outfitted with knives on their legs.

THE CANADIAN PRESS

Kidnapped mayor killed

MONTERREY, Mexico. The kidnapped mayor of a northern Mexican town has been found dead.

It was the latest in a rash of deadly attacks on political figures in an area besieged by drug-gang battles.

Santiago Mayor Edelmiro Cavazos' hands were bound and his head was wrapped in tape.

THE ASSOCIATED PRESS

When a job turns into a nightmare

Will pep rallies end string of suicides at giant factory in China? Safety nets installed to catch jumpers

Young workers who normally spend their days assembling iPhones and other high-tech gadgets packed a stadium yesterday, waving pompoms and shouting slogans.

It was a rally in Shenzhen, China, to raise morale after a string of suicides at a company's heavily regimented factories.

The outreach to workers shows how the normally secretive Foxconn Technology Group has been shaken by the suicides.

"For a long period of time, I think we were kind of blinded by our success," said Louis Woo, special assistant to Terry Gou, the founder of Foxconn's parent company.

"We were kind of caught by surprise."

KIN CHEUNG/THE ASSOCIATED PRESS

▶ Male Foxconn workers dressed in drag were stars yesterday at a rally to boost morale.

The company has already raised wages, hired counsellors and installed safety nets on buildings to catch would-be jumpers.

Other changes include job rotation so workers can try different tasks and grouping dorm assignments by home province so workers don't feel so isolated.

The rally took place at Foxconn's mammoth industrial park in Shenzhen, which employs 300,000 and where most of the suicides have taken place.

THE ASSOCIATED PRESS

Foxconn's fame

Foxconn has built itself into the world's largest contract maker of electronics. Its customers include Apple, Sony, Dell and Nokia.

- **The claims** Activists say the firm's success has come by driving workers too hard, operating a too-fast assembly line and requiring excessive overtime.
- **The denial** Foxconn says it does not treat its employees inhumanely.
- **The background** The firm's troubles highlight Chinese workers' growing dissatisfaction with the low wages and pressure-cooker working conditions that have helped turn the country into a manufacturing powerhouse.

U.S. activist surrenders to Peruvian police

An American activist convicted of aiding leftist rebels surrendered to police yesterday in Peru after a court ordered her arrest and struck down a decision granting her parole.

Lori Berenson's husband and lawyer, Anibal Apari, said she had turned herself in to police after the decision by a criminal appeals court was announced. Apari spoke to reporters outside the U.S. Embassy.

Apari declined to say whether she handed herself over within the diplomatic mission, but police officers were seen entering the embassy compound.

"The only thing I can tell you is that Lori Berenson hasn't fled the country," he said.

"Even though she disagrees with the court's decision, she has turned herself in.

"She's calm. She is a very strong woman," Apari said.

"She is going to return to jail with her baby" — her 15-month-old son, Salvador.

GETTY IMAGES

▶ Lori Berenson

The ruling by the three-judge panel of the criminal appeals court was announced two days after the 40-year-old New Yorker appeared at a hearing, apologizing for her crime and asking the court to uphold her parole.

Berenson told the court on Monday that she regrets her actions and hoped to focus on raising on her son.

THE ASSOCIATED PRESS

History

- **Accusation** Berenson was initially accused of being a leader of the Tupac Amaru, which bombed banks and kidnapped and killed civilians in the 1980s and 1990s.
- **1995** When she was arrested in November 1995, prosecutors said Berenson was helping plot a takeover of Peru's Congress.
- **1996** She was convicted of treason by a military court in 1996 and sentenced to life.
- **Retrial** After an intense campaign by her parents and pressure from the U.S. government, however, she was retried in a civilian court.
- **Conviction** She was convicted of the lesser crime of terrorist collaboration in 2001 and sentenced to 20 years. She served 15 years of that sentence.

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TSUNAMI

2 quakes the cause: Research

The deadly tsunami that pounded several South Pacific islands last year was spawned by not one but two monstrous earthquakes, surprising new research reveals

Initially, it was thought that a single powerful magnitude-8.1 jolt triggered the Sept. 29 tsunami that killed nearly 200 people in Samoa, American Samoa and Tonga.

Two teams using different research techniques have now separately concluded that the disaster was the result of a rare double whammy — two so-called great earthquakes with magnitudes greater than 8 — that hit within minutes of each other. What's notable, they say, was that the quakes occurred along separate fault lines.

THE ASSOCIATED PRESS

Husband appears on murder charge

RYAN TAPLIN/METRO HALIFAX

▶ Jason MacRae is escorted into Halifax provincial court yesterday morning.

No other suspects being sought in 5-year-old case, police say

JENNIFER TAPLIN
@METRONEWS.CA

Paula Gallant's husband appeared quickly in a Halifax courtroom yesterday to be arraigned on a first-degree murder charge.

Jason Wayne MacRae, 37, was arrested Tuesday morning and charged late that night. Gallant, 36, was found in the trunk of her car — parked outside the Timberlea elementary school where she taught — in December 2005.

"This is the first step in the criminal process," said Denise Smith, chief crown attorney for the Halifax region.

From there a date will be set for a preliminary hearing.

▶ Paula Gallant

Cause of death

Police have never released the cause of death of elementary school teacher and young mother Paula Gallant.

▶ **Autopsy** An autopsy a few weeks after her body was found confirmed it was a homicide.

Flyers scramble as travel firm fails

Tens of thousands of people scrambled to make last-minute holiday plans yesterday after the collapse of budget travel company Kiss Flights — the 13th British vacation firm to fold this year.

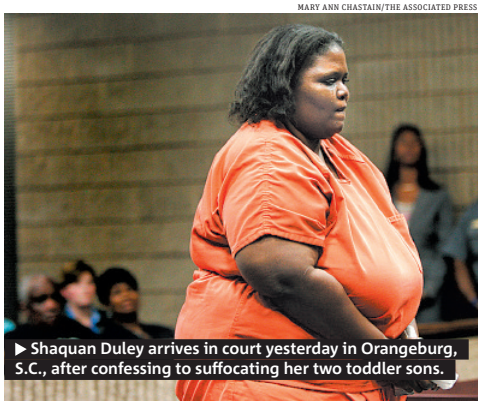
60K About 60,000 people with forward bookings trying to arrange alternative flights and another 13,000 customers abroad.

The failure of Kiss Flights — leaving passengers stranded in Greece, Egypt, Turkey and the Canary Islands — reflects the rough ride experienced by the airline industry.

THE ASSOCIATED PRESS

Mother remorseful: Lawyer

MARY ANN CHASTAIN/THE ASSOCIATED PRESS



▶ Shaquan Duley arrives in court yesterday in Orangeburg, S.C., after confessing to suffocating her two toddler sons.

The mother accused of suffocating her two young sons and staging an accident to cover it up says she's remorseful and has been speaking with the family minister, her attorney said yesterday.

"She's tearful, as anybody would be under these circumstances," defence attorney Carl B. Grant said after a brief hearing in Orangeburg, S.C. "She's been very sad, very remorseful about all of this stuff, all of the allegations."

About 80 people attended the first court appearance for 29-year-old Shaquan Duley, who was charged Tuesday with two counts of murder. Duley originally told investigators her sons, ages two years and 18 months, drowned after her car plunged into a river. She ultimately confessed to killing the toddlers, they say — not by dumping them in the water but by suffocating them earlier with her own hands.

"She truly felt, 'If I don't have these toddlers, I can be free,'" Orangeburg County Sheriff Larry Williams said yesterday.

THE ASSOCIATED PRESS

No time for final plug: Official

The U.S. government's point man for the Gulf oil spill said he cannot provide a timeline right now for when BP's blown-out well will be plugged for good. Retired Coast Guard Adm. Thad Allen told reporters he will give the order when he is ready. THE ASSOCIATED PRESS

Muslim files suit against Disneyland

A Muslim woman who works as a hostess at a Disneyland restaurant claims her employer sent her home without pay after she refused to remove her head scarf in front of customers.

Imane Boudlal filed a complaint yesterday.

THE ASSOCIATED PRESS

Ex-NASA boss pleads guilty

NASA's former chief of staff has pleaded guilty to conspiracy in a case stemming from a $600,000 contract for Mississippi State University, a client of his consulting firm.

Courtney Stadd faces up to five years in prison at sentencing on Nov. 18.

THE ASSOCIATED PRESS

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MARRIAGE: AN UNNECESSARY MILESTONE

He says ...

JOHN MAZEROLLE

This is marriage season in my family.

There's the summer anniversary of my very Catholic brother and his very Catholic wife, who pops off babies like a Gremlin when you get it wet.

There's the fall anniversary of my parents, who have been dating since they were zygotes and who make eHarmony couples seem jaded and cynical.

And there's my sister, who is marrying her girlfriend on the "28st" of August, according to her delightfully flawed wedding invitations.

Also there's me: I have my divorciversary.

I've been separated from my wife for a year-and-a-half. I may, therefore, be coming from a somewhat-biased perspective when I say I don't understand how marriage became a necessary ingredient for happiness.

At some point in human history, marriage became a mandatory milestone in any life, on that timeline that starts with Baby's First Spit-Up ensconced in a scrapbook and ends with a quiet, dignified death surrounded by family members who keep casually bringing up the will.

"To 'miss out' on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an 'incomplete.'"

To "miss out" on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an "incomplete."

And if marriage disintegrates, it's always treated like a tragedy. This reached its most ridiculous point during the Tiger Woods ordeal when the front of People magazine asked, "Can Tiger save his marriage?"

Will the Hindenburg fly again? Can Stalin be revived? Can we bring back the Fox puck? Why would we want to?

By default we assume that staying married is the "right" path. Nobody after a sex scandal ever says, "You know what? I'm sorry I hurt so many people, but I've re-evaluated and marriage was a bad choice for me. I move forward regretful but wiser."

Here's what I think: I think getting married is like getting an engineering degree. Engineering degrees are awesome, a wonderful accomplishment, but they're not for everyone, and there's no shame in not getting one. And if you forced everybody to get one a lot of bridges would collapse.

Marriage can work for many people, maybe even me some day.

But it should only be a No. 1 priority for some. For others, it needn't rank higher than 28st.

Cartoon

MICHAEL DE ADDER

Defending bike helmets

Letters & Tweets

HALIFAX. Tom Trottier's letter titled Helmets great, laws aren't (Aug. 17) paints a picture of helmet usage that does not jive with that of the credible sources on this issue.

To imply that the law requiring helmet use discourages the healthy physical activity of bicycle riding and is therefore counterproductive is misguided. To further refer to "studies in Nova Scotia and Australia and other places" without citing sources is a slippery slope on the road to credibility.

Recent studies by the Department of Epidemiology and Community Medicine at the University of Ottawa have clearly shown that helmet laws in Alberta and PEI have had no impact on the number of cyclists in these provinces. More importantly, they also show that helmet legislation is strongly associated with helmet usage — 73 per cent of cyclists don helmets in Nova Scotia, where legislation applies to all ages, compared to 41 per cent in Ontario where the law only applies to those under 18.

For the sake of the many "noggins" out there that need protecting — including Tom Trottier's — let's support bicycle helmet legislation.

SHIRLEY ANN ROGERS
DR. NATALIE YANCHAR
DR. SIMON WALLING
DR. JOHN TALLON

Noggin protectors

PAUL CHIASSON/THE CANADIAN PRESS

What reality TV show would you like to go on?

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Metro Minute with Hugh Hefner

There's more to Hugh Hefner than Playboy Bunnies and the Girls Next Door. Believe it or not, he's a groundbreaking activist for equal human rights and the African-American civil rights movement.

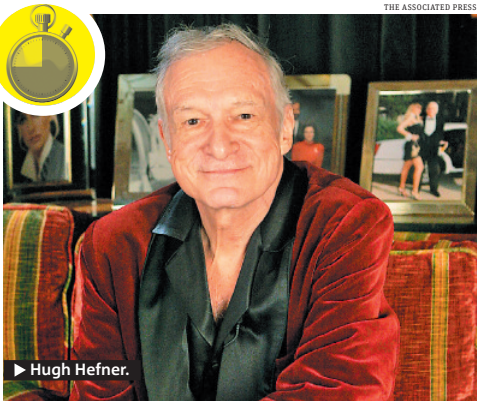
See the more serious side of Hefner tonight at the screening of Hugh Hefner — Playboy, Activist, and Rebel at District 319 Theatre (319 Main St.) Oscar-winning filmmaker Brigitte Berman will be in attendance to answer questions.

The documentary explores Hefner's battles with the government, religious groups, and feminists as he built the Playboy empire.

The doors open at 6:30 p.m. and a reception will follow.

JENNIFER O'CALLAGHAN

THE ASSOCIATED PRESS



▶ Hugh Hefner.

Report backs offshore drilling

Senate findings follows massive Gulf oil spill NDP says report didn't study issues deeply enough

A Senate report has found no good reason to ban offshore drilling in Canadian waters.

The Senate energy and environment committee says Canadian regulations governing offshore drilling are tough enough.

"We could not identify any justification for a temporary or permanent ban or moratorium on current offshore operations," says the committee report released yesterday.

"Any future offshore operations authorized to take place in Canadian jurisdiction, be they in Arctic waters, off the Pacific coast or off Atlantic Canada, will be well and carefully regulated." THE CANADIAN PRESS

Recommendations

- **Only one** The report notes only one drilling project — the Chevron Lona O-55 exploratory well off the coast of Newfoundland — is underway in Canada. There are no offshore operations off the Pacific coast or in Arctic waters.
- **Prepare** The report recommends that everyone responsible for cleaning up oil spills practise and prepare for an accident before one actually happens.
- **Projects** There are some active oil-and-gas projects already underway off the coasts of Newfoundland and Nova Scotia.

Seattle. Reaction

Protesters outside a hotel in Seattle Tuesday.

ELAINE THOMPSON/THE ASSOCIATED PRESS

Obama stops in Seattle

U.S. President Barack Obama took part in a roundtable discussion Tuesday with small business owners at Grand Central Baker, in Seattle, to talk about jobs. The visit by Obama was his first to Washington state since his election.

BoC: Tighter bank regulations vital

The Bank of Canada says imposing tougher capital and liquidity requirements on banks would reduce the frequency and severity of any future global financial crises and the threat they would pose to Canada's economy.

The central bank said in a report released yesterday that the benefits of revised requirements would far outweigh the short term costs that banks would likely pass along to consumers.

THE CANADIAN PRESS

"The recent global financial crisis left a legacy of damaged economies ... Canada was not immune."

MARK CARNEY, BANK OF CANADA

EI claims up in June

27.4 The percentage drop in claims since their peak in May 2009 — down 89,700, or 27.4 per cent.

Statistics Canada said yesterday the number of people who received regular employment insurance benefits climbed for the third straight month in June. The agency said 691,600 people received regular benefits in June, up 8,400 from May and the third straight month of small increases.

Despite the recent gains, the number of beneficiaries has fallen by 137,700, or 16.6 per cent, since the peak in June 2009.

THE CANADIAN PRESS

N.L. will appeal pollution case

The Newfoundland and Labrador government is appealing a Quebec court ruling on the environmental mess left by insolvent paper company AbitibiBowater to the Supreme Court of Canada.

The move to seek leave to appeal a Quebec Superior Court ruling comes about three months after the Quebec Court of Appeal refused to hear the case.

Newfoundland Premier Danny Williams promised in May to take the case to the high court. The province wants to force Abitibi to clean up five sites it ran between 1905 and 2008.

THE CANADIAN PRESS

Cool deal worth $102.9M

Former frozen desserts company CoolBrands International Inc. will merge with hygiene services company Swisher International Inc. in a share-swap transaction worth $102.9 million.

THE CANADIAN PRESS

WikiLeaks. Afghan docs

WikiLeaks founder Julian Assange.

BERTIL ERICSON/THE ASSOCIATED PRESS

Talking to the military?

WikiLeaks founder Julian Assange said yesterday the Pentagon has expressed willingness to discuss the online whistleblower's request for help in reviewing classified documents from the Afghan war and removing information that could harm civilians. However, the Pentagon denied any direct contacts with WikiLeaks.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 52.44 (11,781.08)	+ 0.40¢ (97.21¢ US)	– 35¢ US ($75.42 US)	$4.239 (– 2.8¢)
			Gold contracts $1,229.70 (+ $3.10)

BLOOMBERG NEWS

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2 scene

Book Deal

The next stage in Betty White's ever-rising career: books. The 88-year-old actress has a two-book deal with G.P. Putnam's Sons, starting in 2011 with Listen Up! The publisher said yesterday that the book will include what White has learned over "her incredibly varied, decades-long career in Hollywood." Subjects will include life, love, sex and celebrity.

THE ASSOCIATED PRESS

Find out what 93-year-old actor is getting a lifetime achievement award from the Screen Actors Guild.

With piranhas set to take over movie screens take a look at some of the other scary animals that have made movie history From birds, bears, ants, dogs and, of course, sharks, nature has plenty of options to make your spine tingle

▶ Roy Scheider is definitely going to need bigger boat if he wants to mess with Jaws.

Hollywood's Man-eaters chew up the screen

Animals are our furry, cuddly companions, unflaggingly loyal and pure of spirit — except for when they want to eat us, that is.

Hey, cycle of life, man. Sunrise, sunset.

I's time to look at the the best live-action animal movie that have a dark side ... if you dare. With Piranha 3D swimming into theatres and zooming right into your face, here's a look at the best of what happens when animals attack:

Jaws (1975)

It defined what we've come to know as the summer movie season. It was the first blockbuster — which, in retrospect, seems like a quaint notion. But its thrills and chills and suspense are just as fresh now as they were 35 years ago. Sure, the mechanical shark that preys on Amity Island looks a little, well, mechanical compared to the CGI effects that are available today.

But in his youth, Steven Spielberg was wise enough to know that it's what you don't show — what you just suggest — that's even more frightening. And John Williams' startling score was simplicity itself. Clearly, it still isn't safe to go back in the water.

The Birds (1963)

Ah, Bodega Bay ... so tranquil, so scenic. Until the killer birds come swooping in to peck everyone to bloody bits. The screeching noise alone that these creatures make is frightening in Alfred Hitchcock's classic, but it's his use of silence that's truly, deeply disturbing. The staccato unpredictability of their movements adds to the sense of unease, the fierce darkness of the crows' feathers providing a sharp contrast to Tippi Hedren's blonde, creamy features. And then there's that last scene, where the birds are just sitting there peacefully, watching our heroes drive away ... is it a sign of the apocalypse? Or just a good excuse to be unnerved? Either way, it's still scary as hell today.

Cujo (1983)

Man's best friend becomes his most fearsome, furry enemy in this thriller based on the Stephen King novel. The name alone is so synonymous with killer canines, it's become shorthand.

▶ Timothy Treadwell in Grizzly Man.

And it's not like some yippy, annoying dog that turns into a monster, like a Yorkie or a Chihuahua. No, this is a friendly, lovable St. Bernard, a breed that's traditionally been known as a reliable caretaker, who goes wild after he's bitten by a rabid bat and wreaks havoc on a small town. It's sort of a squeamish thing, the idea of having to fight and take down an animal that's traditionally considered a family member, but Cujo suggests that primal survival instincts will always win out in the end.

Grizzly Man (2005)

And speaking of survival ... we know from the start of this documentary that Timothy Treadwell is doomed, but that doesn't make it any less riveting. Werner Herzog's film follows the events that led up to Treadwell's 2003 mauling by a bear in the Alaskan wild, a place this daring and charismatic man chose to call home for a dozen years to surround himself with these hulking creatures.

He considered them his friends, shot video of himself frolicking with them, even gave them cutesy names.

But as Herzog reveals, who Treadwell really was proved just as fascinating as his horrible fate.

Them! (1954)

Ants — they're so tiny and harmless, they couldn't do any real damage beyond making a picnic unpleasant, right? Wrong! Sometimes ants turn gigantic and predatory when exposed to nuclear testing in the New Mexico desert.

But we don't see the big, angry bugs for a while; instead, Them! builds suspense on the premise of a mysterious, unknown menace.

A reflection of Cold War terror and panic, this black-and-white science fiction classic was nominated for an Academy Award for its special effects and featured a cast including James Whitmore, James Arness, Fess Parker and Leonard Nimoy. But it was also good, cheesy fun.

THE ASSOCIATED PRESS

GETTY IMAGES

▶Julia Roberts talks to the press in Tokyo, where she's promoting the release of the film Eat Pray Love.

Roberts tackles television with new cable series

Oscar winner produces documentary series to debut on Oprah's network Larry Crowne her next big film

Julia Roberts isn't planning a spiritual journey of her own after making the film based on the hit travel memoir Eat Pray Love.

Roberts, a happily married mother of three, said she read and enjoyed Elizabeth Gilbert's best-seller long before the proposed movie script came across her desk and she jumped at the role.

But she added she isn't looking to make any big alterations in her own life.

"No, no changes," Roberts said yesterday in Tokyo, where she is promoting the movie's release. "I'm good."

Roberts is a practising Hindu and said she was interested in the faith before she came across the book and did not convert because of it. The 42-year-old Georgia native was raised Catholic.

Beyond those comments, she said she would keep her beliefs to herself.

"I've realized something my mother told me 22 years ago,"' she said. "You're an actor, act. Don't talk about politics or religion."

One departure for Roberts does lie ahead. The Oscar winner has done little TV work, but she is now a producer of a documentary series called Extraordinary Moms to debut in January on Oprah Winfrey's new cable network.

Her next big-screen project is Larry Crowne with Tom Hanks, set for release next year.

On her longevity as a sought-after actress, she said her inspiration has never waned.

"Loving what you do is the secret to everything," she said. "I really do love the creative part of making movies."

THE ASSOCIATED PRESS

Eat Pray Love

Roberts isn't planning to go on a spiritual journey like the character she plays in her latest movie.

- **Practising Hindu** Roberts said making the film didn't influence her conversion to Hinduism.
- **A matter of faith** Raised Catholic, the Georgia native said she was interested in Hinduism before she came across the hit travel memoir.

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Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Actress discovers her voice

Jill Hennessy
Album: Ghost in My Head
Label: Master Rock
●●●½

This debut CD is not the work of a pampered Hollywood waif cashing in on her celebrity with a quickie CD of co-writes and covers. Jill Hennessy never fit that mould, even on television. She learned the ropes busking the streets of Toronto years before finding near-cult status on Law and Order. She has a folky vibrato that suits these ten heartfelt songs written with a nod to the great craftsmen of the '70s. Stark lyrical imagery enters dark terrain from a troubled childhood on tracks like Falling Down, Small Hands and Save Me. Hennessy also finds a storyteller's pen on Erin, a haunting look at the life of an exotic dancer. **Outstanding track:** Falling Down

GRAHAM ROCKINGHAM

Iron Maiden
Album: The Final Frontier
Label: EMI
●●●½

Unlike contemporaries AC/DC and Ozzy, Iron Maiden still manage to come up with new ideas in their fifth decade as a band. The Final Frontier isn't a far stretch from the apocalyptic fantasies of their previous 14 albums, but their technical prowess is still a wonderment to hear. All it takes is one listen to the intricacy of nine-minute epic The Talisman to understand that if it wants to Maiden can reach that sixth decade without sounding like it. **Outstanding track:** The Alchemist

CAM LINDSAY

Sweet Thing
Album: Sweet Thing
Label: EMI
●●●

Toronto's Sweet Thing could be the city's next big mainstream export. They're loud, brash, polished and poppy, just the sort of thing you'd hear on U.S. rock radio. Songs like the epic U2-like Change of Season and the darker Killers-ish Dance Mother could be chart toppers. As a whole, though, the album is uneven. They jump from straight-up rock and anthemic pop to new wave and power pop. The band is off to a good start, but it could be a while until they really make their mark. **Outstanding track:** Change of Season

BRYAN BORZYKOWSKI

Colleen and Paul
Album: Colleen and Paul
Label: Boompa
●●●

Sometimes you just want to listen to a light, summery disc. Toronto songwriters Colleen Hixenbaugh (formerly of By Divine Right) and Paul Linklater have created just that, a quick listen of breezy, catchy tunes. While the disc is generally lo-fi and acoustic, it covers a lot of musical ground, with sounds resembling Beck and Pavement. Colleen and Paul will never be hit makers, but with such easy and infectious melodies, that's a good thing. **Outstanding track:** TV Summer

BRYAN BORZYKOWSKI

Ray Lamontagne and the Pariah Dogs
Album: God Willin' & the Creek Don't Rise
Label: RCA/Sony
●●●●

Ray Lamontagne comes out of the box with both barrels blasting on opening track Repo man, a six-minute high-speed chase designed to show that he's more than just a superb songwriter with a multi-textured voice. Still, there's plenty of quality stuff here for fans of Lamontagne's dark alt-country persona. The title track overflows with impending Appalachian doom. **Outstanding track:** Repo Man

GRAHAM ROCKINGHAM

Tyler bumped off by Perry

A fan-created video of Steven Tyler falling off a Toronto stage is making the rounds online.

Celebrity gossip website TMZ has posted a 28-second clip of the incident, which happened on Tuesday night at the Air Canada Centre.

The 62-year-old Tyler is shown preening next to guitarist Joe Perry during a performance of Love in an Elevator before toppling into the crowd.

He managed to land upright with help from fans, whom he embraced afterwards.

Last year, Tyler sustained shoulder, neck and head injuries after falling off a stage during a show in South Dakota.

THE CANADIAN PRESS

MTV AWARDS

Bieber to perform at VMAs

Justin Bieber is going to have a better seat for this year's MTV Video Music Awards.

The 16-year-old has been announced as a performer for the Sept. 12 awards bash. He'll join a growing Canadian contingent onstage for the event. Two-time nominee Drake will also perform, while Toronto DJ Deadmau5 will spin live throughout the show.

Bieber tweeted the news just as MTV made the announcement on their website. "Last year i went and no one knew who i was and this year gonna PERFORM!!!"

The MTV MVAs will air on MuchMusic.

THE CANADIAN PRESS

Nugent pays price for hunt

Rocker Ted Nugent will have to pay a $1,750 fine after pleading no contest in California to baiting a deer and not having a properly signed hunting tag during a televised hunt.

An official game wardens saw Nugent kill an immature buck on an episode of his Outdoor Channel TV show Spirit of the Wild.

THE ASSOCIATED PRESS

Starr's first home to be demolished

Liverpool is planning to bulldoze the house where the former Beatles' drummer Ringo Starr lived out his first three months.

THE ASSOCIATED PRESS

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Jail tale could net Lohan $1M

- **Star ready to profit after prison, rehab stints**
- **Father Michael avoids ex's harassment charge**

When she gets out of rehab — which could be as early as this week, according to some reports — Lindsay Lohan stands to make a quite a profit, as OK! Magazine is reportedly ready to pay her $1 million US for her first post-jail interview, according to the Hollywood Reporter.

Her fee for appearances at New York or Los Angeles events has reportedly hit $25,000 to $100,000, and she can command around half a million for a Vegas appearance, according to the newspaper.

Meanwhile, father Michael Lohan's ex-fiancee has told a New York judge she no longer wants to pursue criminal charges against him stemming from a fight last month.

Both Kathryn Major and Lohan appeared in Southampton Town Court on Long Island yesterday. His attorney entered a not guilty plea to the harassment charge.

Moments later, Major testified she wanted to drop the charge. She also agreed to drop an order of protection requiring Lohan to stay away from her. In July, she told police Lohan had threatened her during a fight. They have since split up.

DAVID MCNEW/GETTY IMAGES

▶ Lindsay Lohan could make $1 million US for her first post-jail interview

Town Justice Andrea Schiavoni told Lohan if he stays out of trouble for six months, the case will be dropped. THE ASSOCIATED PRESS

Celebrity tweets

John Mayer [@john-cmayer] Ladies and gentlemen, I am no longer funny on Twitter. Literally 15 attempts to write a thought dashed by my own deleting. :(

Kanye West [@kanye-west] Me and Mos Def had a push up contest at Nobu last night... Suits on... I did keep on my shoes though lol! Super deep convo followed of course.

Stephen Colbert [@Stephen-AtHome] The worst part about Newsweek rating America below Luxembourg is that now I've heard of Luxembourg

Lawyers want to question Mel's ex

It looks like Mel Gibson's ex-wife, Robyn Moore Gibson, might get dragged into the ongoing legal battle between Mel and ex-girlfriend Oksana Grigorieva. The Russian singer's lawyers are looking to subpoena Robyn over her sworn statement that Mel was never abusive to her during their 28-year marriage, according to Radar Online. "Mel never engaged in any physical abuse of any kind toward me before, during, or after our marriage," Robyn reportedly said. Grigorieva's lawyers want to question her motivation for defending Mel. METRO

TOBY CANHAM/GETTY IMAGES

▶ Mel Gibson

James eyes move to Austin

REUNION TOUR Jesse James is set to move to Austin, reportedly following ex-wife Sandra Bullock, and she's fine with that — but that doesn't mean they're reconciling. "I support Jesse in his move to Austin," she tells People magazine. "We have both moved on with our lives and only want the best for each other." METRO

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Making sense of fall fashion

CATWALKING

▶ Miu Miu

GETTY IMAGES

▶ Louis Vuitton

CATWALKING

▶ Celine

CATWALKING

▶ Dries Van Noten

There's no shortage of trends to choose from this autumn and winter

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The battle of the decades

The Fifties, Sixties and Seventies all emerged as key points of reference for autumn. Chloé, 3.1 Phillip Lim and Yves Saint Laurent with their wide-leg trousers and billowing blouses, are just a few examples of autumn's seventies-flavoured collections. While Giles, Anna Sui and Miu Miu all had a strong early Sixties undercurrent. Prada and Louis Vuitton gave up major Fifties references in the form of full, lady-like skirts, corsets and prim kitten heels.

Worth spending your money on: The universally flattering Fifties skirt works perfectly with a crew neck sweater for the office and with an even tighter cardigan for a date night.

Minimalism returns

Thank Celine creative director Phoebe Philo for all the precisely cut looks you're seeing in stores right now. She's mostly responsible for moving fashion away from all the studs, rivets and spikes and towards its current air of restraint: austere white shirts, the crispest A-line skirts, sharply tailored coats you could practically cut your finger on, you get the idea. Calvin Klein, Stella McCartney and Maison Margiela were all similarly enthusiastic champions of these ideas for fall.

Worth spending your money on: A clean, well-made blazer or coat. It might be your most expensive purchase, but it will never go out of style.

Old comforts

Just about everything classic is cool again. Aviator jackets (Burberry Prorsum), Fair Isle knits (D&G), heather gray sweats (Dries Van Noten), velvet anything (Ralph Lauren), the list goes on. The beauty of these staples is that they have a can't-go-wrong versatility to them. It's almost impossible to wear them badly.

Worth spending your money on: A shearling-lined aviator jacket is not only warm to get you through winter, but it looks equally right with a dress or jeans.

What to skip

- **Anything that has a high-waist, wide-leg and a tapered ankle — in the same garment.** The trousers look great on models, but most likely not so good on you (or us).
- **Chunky, color-block heels.** Balenciaga did these. They are very expensive. The knockoffs are in stores. But they don't look anywhere close to the real thing. Resist them.

3 life

Men's grooming

Liz Earle for men after-shaving moisturizer (Naturally active men's skincare)

Redness and bumpy irritated skin, are all signs of post-shave problems. However, Liz Earle for men After-Shaving Moisturiser, is rich in borage and vitamin E which helps sooth delicate post-shave skin. These ingredients help to prevent further irritation and hydrate sensitive areas to maintain a smooth and healthy appearance all-year round.

RICHARD PECKETT

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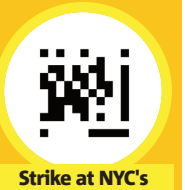

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Landing on the Moon

Bay serves up modern essentials with new affordable apparel line

Budget-conscious fashion has become big business with consumers flocking to mass retailers in search of trendy yet affordable apparel.

But with the nationwide launch of its new apparel line, Moon, the Bay is aiming to do more than just appeal to cost-conscious consumers looking out for their bottom line.

The line's debut offerings comprise a range of streamlined separates designed to be versatile for everyday wear in addition to serving as building blocks in the modern woman's wardrobe.

Prices for the line span from $19 to $79. The offerings include classic shirts, cardigans, turtlenecks, blazers, dress pants, jersey knit dresses and skirts in mini, pleated and pencil styles. Outerwear runs up to $139.

"It's a collection of essential pieces for work and play, evening and day," said Saul Mimran, president of the Mimran Group, whose company partnered with the Bay on the line, which is geared toward women aged 25 to 45. "It's well priced, and is for the lady who is on the way up."

▶ A Moon cardigan

▶ A cowl top

▶ Double knit jersey dress

Mimran said the key change in dressing today's woman has to do with fitness and lifestyle.

"She's working out, she's fit, she's eating well, and she wants to show it, and she should, and we want to be there to help her," he said, pointing to the leaner cut in the designs.

"She's also very interested in making a good investment in her clothing, doesn't want to be so fast that it's worn once and thrown out. We hope that these clothes can hang in her closet for many seasons and be worn many times over."

Last year, the Bay relaunched The Room at its flagship Queen Street location in Toronto devoted to showcasing higher-end lines.

The new line's moniker also has its ties to a Canadian fashion heavyweight. Moon was the name of the Toronto boutique opened back in the '70s by Mimran Group partner and designer Alfred Sung.

Moon is also part of Sung's name.

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Student ¢ents

Starting your post secondary education with a good fix on finances is smart – and easier than you think!

Education: How you can pay for it

When Donna Hallett tallied up the costs for tuition, food and residence for the first four months of school – $10,000 – the 20-year-old University of Waterloo engineering student got serious about finding money to pay for it.

Investigating financial aid options such as loans, bursaries and grants is time well spent, according to Donna Hallett, a 20-year-old University of Waterloo engineering student.

First, she signed up for OSAP (Ontario Student Assistance Program) and got a grant. Then she spent several hours online looking for bursaries and scholarships that she qualified for.

She also put "every cent" of her summer job earnings into the pot. The result: several bursaries and grants combined with her savings cleared the tab. "Taking the time to investigate all the different programs where you can get money was totally worth it," she says.

Going to college or university is a wonderful time, and during first year there is so much to learn: class schedules, bus routes, when the book store is open and where the pub is... and how you're going to pay for it all! Of course, how much money you need for the school year depends on many things including what program you're taking, where you live and whether you drive or take the bus.

"Understanding the costs you can control versus the costs you can't, is key," says Kavita Joshi, Director, Student Markets at RBC. "Be sure to research all the funding resources available to you, and do a bit of homework on how to manage your money all year long."

While parents often contribute towards the costs of university, and many students use their own savings, government, universities and colleges, and banks are also funding sources.

CHECKLIST

- **SCHOLARSHIPS:** This is money awarded to a student by a post-secondary institution or other organization. It's usually based on marks and academic standing and doesn't have to be paid back. Check the list of scholarships websites at **rbc.com/scholarships.**
- **BURSARIES:** This gift of money is based on financial need as well as grades or other special circumstances. Bursaries are sponsored by foundations, private companies, post-secondary institutions and individuals. Check your high school's website, and visit rbc.com/scholarships for a list of bursary websites.
- **LOANS:** Government student loans are based on financial circumstances. They're interest-free until graduation with a six-month grace period before payments start.

CAN YOU GET THROUGH THE YEAR?

*The average full-time student in Canada can expect to pay almost $5,000 a year in tuition alone, plus another $14,500 or more a year in total living and education costs. Use the RBC Student Budget Check calculator at **www.betterstudentlife.ca** to calculate whether you have enough money for the school year.*

SAVE YOUR MONEY

Eighteen-year-old Kieran McKinnon saved money by living at home during his first year at Carleton University in Ottawa. McKinnon, who is working towards a Bachelor of Arts degree, rode his bike everywhere for most of the year and got a student bus pass for winter. He also packed his lunch most days instead of buying it in the cafeteria. He recommends working part-time as well.

MONEY TALKS

Everyone has regular checkups with their doctor... and it's also a good idea to meet with a money specialist to discuss your financial health. Make an appointment to sit down with a representative of your bank too. During the meeting, introduce yourself and your aspirations. Then, lay out the costs of your education as well as financing sources...and ask for some solutions and suggestions.

Here are things to keep in mind:

- *Find out about products that are student specific (for example, free student banking or no-fee credit cards).*
- *Be sure you understand banking basics including the different types of bank accounts as well as the costs of those accounts.*
- *Discuss credit limit based on your needs, ability to repay and comfort level with debt.*
- *Keep in mind that if you borrow money, you will need to involve a co-signer such as a parent.*

CREDIT 101

Be smart about the debt you take on now. Credit lets you buy products and services today and pay for them later. But of course, you'll likely pay interest in return for the credit. Here are three forms of credit.

- ***A STUDENT LOAN** is organized through a bank and is interest-free until graduation. "It's always best not to borrow more than you really need," says Joshi.*
- ***A CREDIT CARD** is convenient to use, accepted almost everywhere and won't cost any interest as long as you pay off the balance by the due date. "Use it for emergencies that you can pay back on a monthly basis; it's really sort of a safeguard for you," says Joshi. "Because of high interest charges, you don't want to pay for your tuition on your credit card."*
- ***LINE OF CREDIT** is preferred for longer-term borrowing since it has lower interest rates than credit cards. And it doesn't cost you anything when you don't use it, says Joshi.*

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A big Night Out

New York City is banking that Fashion's Night Out will be bigger than last year's inaugural event. The giant late-night shopping fest already has nearly 1,000 stores signed up

"It felt like a block party," designer Marc Jacobs said of last year's Fashion's Night Out, in which 800 stores joined the fun.

It brought shopping back to the "social ritual people enjoy" and had a "beautiful sense of community," he recounted.

It took Jacobs two hours to walk the two blocks from his office to his Mercer Street store because people were stopping him in the street every two minutes.

To give fashionistas some ammo to inspire their sprees, Vogue's editor Anna Wintour will be selecting the strongest fall trends for the runway on Sept. 7 at Lincoln Center, New York Fashion Week's new home, in what will be the city's largest-ever public fashion show.

Wintour — who dreamed up Fashion's Night Out with Council of Fashion Designers of America President Diane Von Furstenberg to get more people into stores during the recession — brought New York's top designers to make the announcement with her last week at Manhattan's City Hall.

Donna Karan, Vera Wang, Zac Posen, Tory Burch, the duo behind Proenza Schouler, actress-turned-designer Mary-Kate Olsen all attended.

After last year's event, Saks Fifth Avenue CEO Steve Sadove noticed the tide turning for sales.

"We're not back to where we were," he said, "but we've started to see people smiling again."

AMY ZIMMER

LARRY BUSACCA/GETTY IMAGES

Celebs and political faces alike attended the 2010 Fashion's Night Out Kick-Off press conference at City Hall in New York City.

Host party on a budget

Having your friends over needn't be expensive Decor, drinks and food tips for that under-$100 soiree

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

With summer quickly closing down I want to enjoy the outdoors as much as possible during the last remaining weeks. I love to have friends visit and there is one thing I have learned this summer is that it doesn't have to be expensive. How can you entertain six people for dinner, drinks and set an attractive table for less than $20 per person? I came up with some great money-saving ideas for end of summer entertaining that is sure to impress your guests:

Food
Tapas-style dining creates creative grazing throughout the evening and encourages guests to experience many food flavours throughout the evening. I like to serve a variety of pre-made salads and hors d'oeuvres alongside exotic dips and sauces; this way everyone can customize their grazing experience. Garnish your plates with edible fruits, nuts and vegetables that not only look pretty but can be nibbled between servings. Cost: $25-40.

Party tips

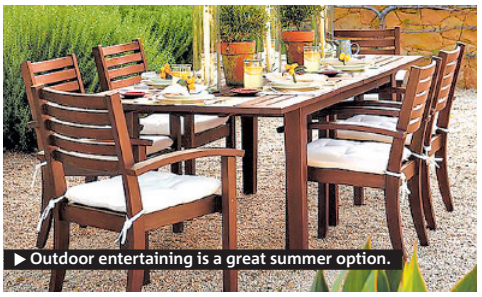
- Have your dinner party after 8 p.m.; that way most people would have already eaten something.
- Rope lighting discretely hidden in the garden can look beautiful.

Drink
Find a good wine that everyone will like for under $10/bottle. Piat d'Or wine can be found at most liquor stores across the country for around $9 per bottle. They've recently done some re-branding and have got a great white chardonnay and my favourite; red merlot. Cost: $45/5 bottles
Other options: After dinner make a delicious sangria. Put 1 ounce of orange liquor, 3 cups of fresh chopped fruit, 1 cup of white cranberry juice and a bottle of wine in a large pitcher. Let sit for 15 minutes, then serve over ice.

Decor
Outdoor entertaining always allows for plastic and paper, but I suggest mixing in some good tableware with the less expensive. I find great tabletop items at Your Dollar Store With More (they sell things that cost $1 and up).

Try to keep your colour choices to a minimum of two. This will allow paper, plastic and glass items well co-ordinated. Layer a clear glass salad plate on top of a colourful plastic dinner plate on top of a coloured paper charger. Cost: $25

▶ Sangria can be a great post-dinner drink.



▶ Outdoor entertaining is a great summer option.

▶ Guests can savour different flavours with tapas-style food.

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Home addition projects need a lot of patience

Research, research, research — that's the mantra for remodelling Make sure you budget accurately

Make sure you have your ducks in a row before taking on a home addition.

Ask William Carter about expanding your home and he's going to be blunt: It will be expensive. It will be messy. And it will take time.

"This is a very taxing process," says Carter, who has renovated homes in California for three decades and is now board chairman of the National Association of the Remodeling Industry.

"You're probably going to make 1,500 to 2,000 decisions before this project is completed."

But, he says, if you plan carefully and trust your instincts, you can "end up with a quality project and everyone will be friends afterwards."

Like all remodelling projects, adding on to your home starts with planning and research. In surveys of Consumer Reports readers who have remodelled their homes, "the thing they wish they had done is spent more time upfront," says Celia Kuperszmid-Lehrman, deputy home editor at the magazine.

Make detailed notes about the basics you want, and a separate list of special things — maybe skylights or a fireplace — that you'd love to include but can live without.

"There is almost always a conflict between what you can afford and what you want," says Bill Harbrecht, a retired contractor from Florida who shares his knowledge at Remodeling4Dumbells.com.

Basics such as "foundation, framing, basic electric and heating are built-in costs and there is no way around them. Be sure to plan a large enough addition, he says, because scrimping on space may leave you unsatisfied with the finished product.

But also consider how the value and size of your home compares with others in the neighbourhood. "You don't want to go crazy beyond what's common in your neighbourhood," says Kuperszmid-Lehrman, because building too big can make it harder to recoup the money when you eventually sell.

THE ASSOCIATED PRESS

Contract question

It's vital to move slowly and carefully when signing contracts.

Don't assume details are implied. Outline everything on paper, from which materials will be used to how clean the work site will be at the end of each day.

Agree in writing on an estimated time frame and overall estimate of costs. But accept that contractors can't predict the weather, and things like frayed wiring or termites may be discovered when walls are opened.

Once the project is underway, stay in written communication. Written communication with a date and time stamp is the best way to prevent "he said, she said" conflict, and preserve a good relationship until the end.

THE ASSOCIATED PRESS

Go with the flow

A backed up pipe in the bathroom is a drag, to say the least. It's one of the most used rooms in the house, but have you been performing the proper maintenance on a regular basis? Direct Energy has a few tips to keep the plumbing in your washroom operating efficiently.

Hair and dental floss are not friends to your drains. When shed-resistant floss enters the sewage system, it bonds with other waste and forms large clumps that block pipes. Hair poses a similar problem. Discard hair and your used floss in the wastepaper basket and use strainers in the sink and tub to keep hair and soap clear of your pipes.

A dripping tap can waste of up to 15 gallons of water per day. That's a lot of water. Avoid wasting this precious resource and ensure taps are fully closed and replace any tap that continues to drip even when fully tightened shut.

Install low-flow showerheads and toilets. Think about it, a 10 minute shower with a conventional showerhead can use up to 42 gallons of water. Low-flow showerheads and toilets use far less water, which will save a few dollars on your water bill.

NEWS CANADA

Brighter shade of green

PRODUCT. Doing your part to save the earth can be done in style with value-conscious Applause honeycomb shades from Hunter Douglas, makers of Duette, the original honeycomb shade. Not only does the air-trapping honeycomb construction of Applause shades ensure their energy efficiency, but the new 2010 collection includes the only shade of its kind on the market made with recycled materials. Called Vintage, it is created using 40 per cent recycled polyester fibres from post-consumer textiles, such as water bottles.

NEWS CANADA

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▶ Ikea products are named after different things, including Scandinavian places.

The strange words of Ikea furniture

Why is Billy called Billy? What does Expedit stand for? What's the meaning of Lack? The elaborate method of naming the Swedish company's products makes perfect sense

KRISTOFFER RENGFORS
METRO STOCKHOLM

They've baffled non-Swedes for years and become he subject of countless internet jokes, but Ikea bosses say their strange-sounding product names make perfect sense!

"It all started with Ingvar Kamprad (founder of Ikea) thinking it was too hard to remember products just by their numbers so he started naming everything instead," said Ylva Magnusson, press manager at Ikea in Sweden.

As Ikea started growing into the giant company it is today, a small team of people were given the task to come up with names for everything in the product line.

A system was worked out. Beds and wardrobes were named after places in Norway, while bookcases were given Scandinavian boys names or named after professions. Bathroom articles were named after Swedish lakes. It all made perfect sense!

But Magnusson added: "Now there is a database where potential names are stored. We have 9,500 products and about 30 per cent are changed every year.

"That's 3,000 new names every year so it's really important that the names are not recycled and that we have checked and cleared names that might be offensive in other languages."

So why keep the Scandinavian names?

For instance, if the plastic box Samla was named Collect in English, then people might understand the name in other countries.

"But, at the same time, the names are seen as exotic in many places. And being Swedish is a big part of our soul and brand," said Masnusson.

What's in a name?

How names are chosen for Ikea products

- **Beds, wardrobes, hall furniture:** Norwegian places
- **Dining-tables and chairs:** Swedish places
- **Bookcases:** Professions, Scandinavian boys names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Kitchens:** In general, names suited to how the individual products are used.
- **Desks, chairs and swivel chairs:** Scandinavian names of boys
- **Garden furniture:** Names of Swedish islands
- **Rugs:** Danish place names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Lighting:** Measurement units, seasons, months, days, shipping and nautical terms

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Attempting to beat the heat at Hapa Izakaya

JOAN CHANG/FOR METRO VANCOUVER

▶ Negitoro bowl ($10) at Hapa Izakaya.

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

I know this statement makes me one of 'those' people, but it's been really hot lately.

So I went to Hapa Izakaya in Yaletown which has plenty of cold lunch items on the menu. It's also the only Hapa Izakaya that serves lunch.

The negitoro bowl ($10) comes with a side salad and miso soup. Think of it as the sushi roll, tuna and chopped green onion with rice, but deconstructed into a giant bowl portion. There's a little too much going on. I'd rather have a simple dish.

Service is attentive at times but sometimes missing key service items, despite the nearly empty dining room.

The ebi avocado salad ($8.95) is nearly all lettuce. Five beautifully cooked sweet shrimp sit on the side with half an avocado. Delicious but I would've loved more…everything.

Hapa Izakaya beats the heat. A few key tweaks would make it outstanding.

Hapa Izakaya
1193 Hamilton Street
604-681-4272
hapaizakaya.com
Rating: *
Client negotiations: Yes
Lunch with co-workers: Yes
Social Lunch: Yes
Quick solo lunch: Yes
Time in: 12 p.m.
Time out: 12:45 p.m.
Low $: $ 8.50 (assorted sandwiches)
High $: $12 (grilled steak)
Licensed: Yes

Peach Breakfast Crostini

Ingredients :

- 2 cups thinly sliced, pitted peaches
- 1 cup blueberries
- 1 cup raspberries
- 1/4 cup chopped crystallized ginger
- 2 tbsp maple syrup
- 1 tbsp chopped mint
- 24 slices of baguette, cut 1 cm (1/2 inch) thick
- 1 tbsp butter, melted
- 1 tsp ground cinnamon
- 1 tsp granulated sugar
- 1/4 cup cream cheese

Preparation:

1. Preheat oven to 190 C (375 F). In a bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss. Sprinkle with mint.
2. Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
3. Spread cream cheese lightly over each toast and top with fruit mixture.

THE ASSOCIATED PRESS

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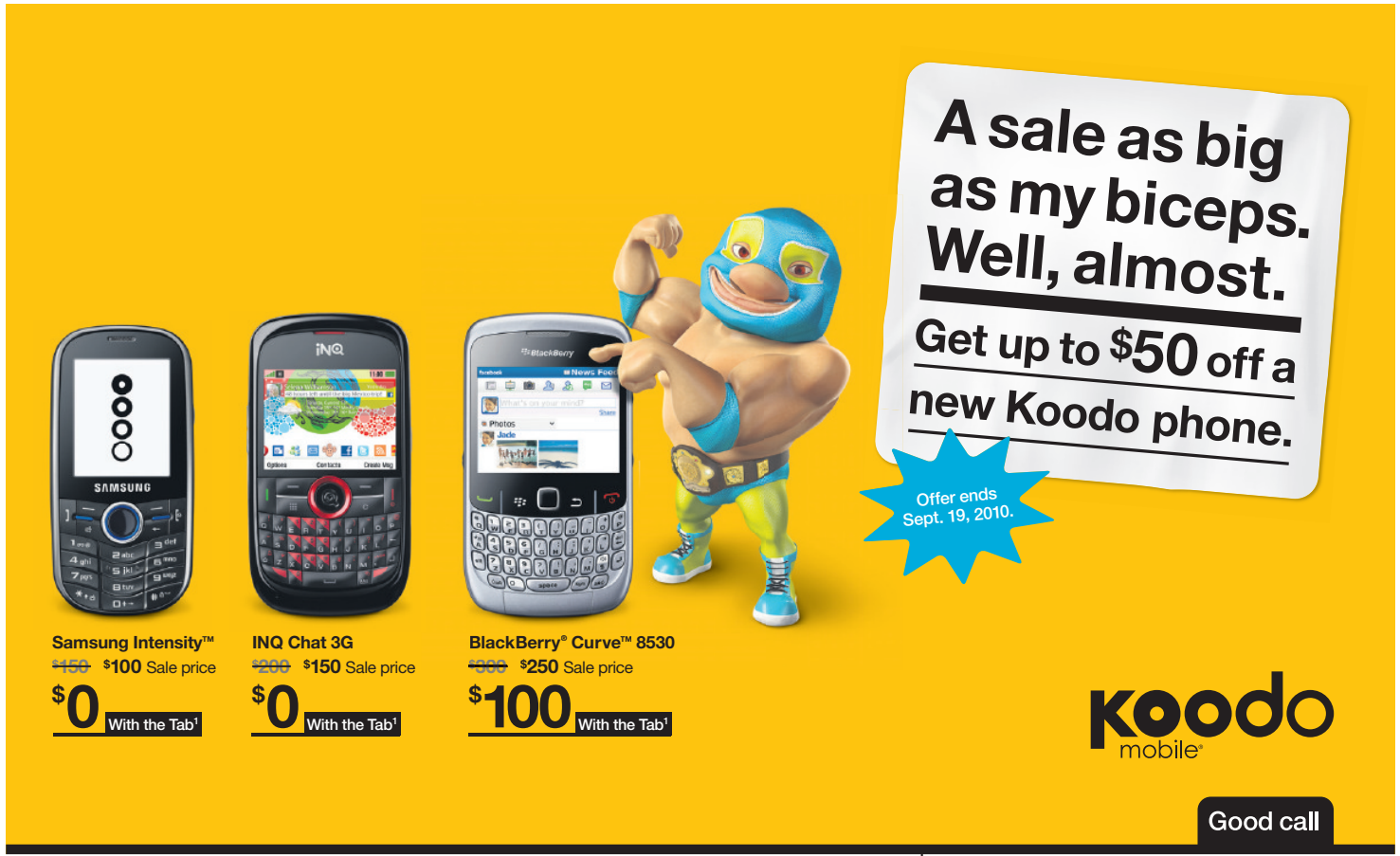

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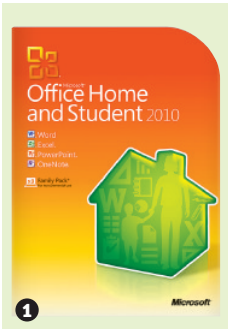

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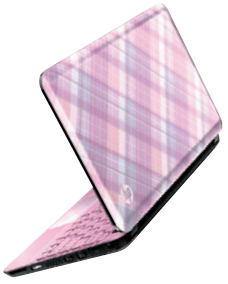
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If you would like to participate in this study then please contact Katie Morton by email: katiemorton84@gmail.com or by phone: 778-316-2619.

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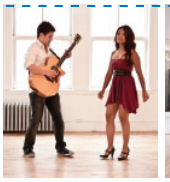

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5 ingredients = breaky, lunch, dinner

Breakfast burritos

Ingredients:
- 8 large eggs
- 1 cup (250 ml) light (single) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress

Preparation:

1. Beat the eggs and cream in a large bowl.
2. Cook the egg mixture in a large nonstick frying pan over medium-low heat for about 5 minutes, stirring often, or until the eggs form large chunks.
3. Set aside and keep warm.
4. Warm the tortillas in a large frying pan over high heat, one at a time, until they begin to colour.
5. Transfer to a flat surface and spread with the tomato salsa.
6. Top with the scrambled egg and watercress.
7. Fold the tortillas over and serve hot.

Serves: 4
Preparation: 5 minutes
Cooking: 7 minutes

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READER'S DIGEST

Spicy sausage & tomato soup

Ingredients :
- 2 cups (500 ml) vegetable stock
- 2 (14-ounce/400-g) cans chopped tomatoes, with juice
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- 2 tablespoons coarsely chopped fresh thyme

Preparation:

1. Combine the stock, tomatoes, sausage, and beans in a large saucepan.
2. Bring to a boil and simmer gently for 10 minutes.
3. Add the thyme and simmer for 5 more minutes. Serve hot.

Serves: 4
Preparation: 10 minutes
Cooking: 15 minutes

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READER'S DIGEST

Satay beef with rice noodles

Ingredients:
- 14 ounces (400 g) dried rice stick noodles
- 3 tablespoons sesame oil
- 11/4 pounds (600 g) tenderloin beef, cut into thin strips
- 2 red bell peppers (capsicums), seeded and cut into thin strips
- 3/4 cup (180 ml) store bought satay sauce

Preparation:

1. Put the noodles in a medium bowl, cover with boiling water, and soak until softened, 5–10 minutes. Drain and set aside.
2. Place a wok over high heat. When it is very hot, add the sesame oil. Add the beef and stir-fry for 2 minutes. Add the bell peppers and stir-fry for 2 minutes.
3. Stir in the satay sauce and heat for 1 minute.
4. Add the noodles. Toss well and serve hot.

Serves: 4
Preparation: 10 minutes + 5-10 to soak noodles
Cooking: 5 minutes

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Back to school survival guide for mature students

It's been a while since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job.

Not to worry. Here are some tips to help mature students survive that first year back at school:

1. Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you have more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

2. Get organized. Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of clutter.

3. Find a student mentor. Apply through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and the scoop on professors to avoid.

4. Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together.

Your decision to further your education is a brave one. Be proud of yourself.

NEWS CANADA

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4 sports

Favre finally takes to the field

Brett Favre says the strong chance of playing in another Super Bowl brought him back to the NFL — again.

Favre joined his Minnesota Vikings teammates at practice yesterday. The three-time MVP wore a helmet, shoulder pads and red quarterback's jersey as he worked out with the team for the first time since getting battered by New Orleans as the Vikings lost the NFC championship game.

Favre said the chances of making the Super Bowl with Minnesota "are much greater than other places."

"I owe it to this organization to give it one more try."
BRETT FAVRE

"I was so close, so close to getting these guys to the Super Bowl," Favre said.

Not that coming back was a simple decision.

"I could make a case for both playing, not playing," Favre said. "This is a very good football team. The chances (of going to the Super Bowl) here are much greater than other places. From that standpoint, it was always going to be easier (to return)."

Expectations are high for Favre, even at 40. He's the NFL's leader in nearly every significant passing category and the winningest regular-season quarterback ever.
THE ASSOCIATED PRESS

JIM MONE/THE ASSOCIATED PRESS

▶ Brett Favre was back practising with the Minnesota Vikings less than 24 hours after the team sent three of his closest friends to Mississippi to bring him back.

Jays lose rubber match in Oakland

Surmount 4-1 deficit in top of ninth only to let game slip away

4	5
BLUE JAYS	ATHLETICS

The biggest reason for the Oakland Athletics' perfect record this season when leading after eight innings is their stingy relievers.

On a day when the normally reliable bullpen failed, Cliff Pennington bailed the team out.

After failing to get a sacrifice down, Pennington managed to win the game with an RBI single in the bottom of the ninth inning that gave the A's a 5-4 victory over the Toronto Blue Jays yesterday.

The A's blew a 4-1 lead in the top of the ninth but managed to pull out the victory to remain undefeated in 51 games this season when they led after eight innings.

Steve Tolleson started the winning rally with a leadoff single against Casey Janssen (4-1). Pennington tried to lay down a bunt but was unable to do it before getting two strikes. After Tolleson advanced on a passed ball by Jose Molina, Pennington was looking to advance the runner with a grounder to the right side.

Pennington did just that and ended up winning the game when the ball made it to right field. Tolleson beat Dewayne Wise's throw home to score the winning run. THE ASSOCIATED PRESS

BEN MARGOT/THE ASSOCIATED PRESS

▶ Jose Bautista breaks his bat after striking out in the eighth inning yesterday.

Tennis

Up and down

Rafael Nadal
The top-ranked player didn't have much trouble winning his opening match at the Cincinnati Masters. Nadal took control at the start of his 6-2, 7-5 win over American Taylor Dent.

Justine Henin
The former No. 1 will miss the rest of the 2010 season as she recovers from an elbow injury. Henin, 28, suffered the injury at Wimbledon in July. She said on her personal website that she would not be able to practise again until October.

Hybrid icing gets second look

A hybrid icing rule aimed at reducing dangerous collisions received some extra attention at the NHL's research and development camp.

Organizers decided to extend the rule to yesterday's second session because they felt they hadn't seen enough of it in the first one.

The proposed change gives linesmen the ability to make a ruling on whether a play will be called an icing based on which player reaches the faceoff dot first.

33 The camp is being held with 33 top-ranked players from the 2011 draft class playing a series of simulated games using different rules.

It's designed to eliminate violent crashes into the end boards that have resulted from players chasing the puck.

Ken Hitchcock, who is coaching one of the teams at the development camp, liked what he saw from the hybrid icing rule.

"It's a competitive and safe way of playing," said Hitchcock.

"You would almost completely eliminate those big injuries that come and yet you're still creating the competition for (the puck) ... For me, it's a real good idea."
THE CANADIAN PRESS

Sports in brief

Hirniak breaks Canadian mark

SWIMMING. Stefan Hirniak of Victoria broke his own Canadian record in the 200-metre butterfly during morning heats and later swam opposite Michael Phelps in last night's final at the Pan Pacific championships.

Hirniak lowered the mark to one minute 57.31 seconds, lopping two seconds off his seasonal best time.
THE CANADIAN PRESS

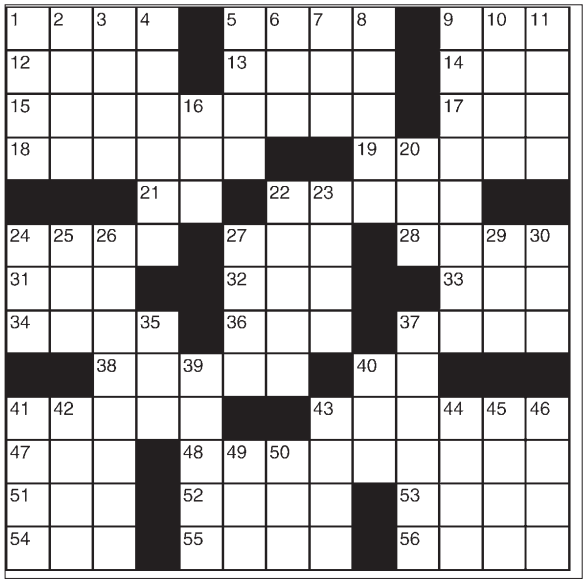
Braves get Lee for stretch run

BASEBALL. The Atlanta Braves bulked up for the playoff race yesterday, acquiring first baseman Derrek Lee from the Chicago Cubs.

The Braves sent three minor league pitchers to the Cubs.
THE ASSOCIATED PRESS

Scan code for more sports

Crossword



Across

1 Unopened roses
5 "Oh, woe"
9 Hair goop
12 Persisting
13 Crooked
14 Past
15 Identifier of a sort
17 Swab
18 Spanish wine
19 Actress Witherspoon
21 "Forget it!"
22 Dr. Salk
24 Martial art
27 Long March leader
28 Hoodlum
31 Loser to Ghana in the 2010 World Cup
32 Mischievous tyke
33 Raw rock
34 Office part-timer
36 "— Miserables"
37 Do laps in the pool
38 Icicles' locations
40 Exist
41 Where the action is
43 Celebration
47 Started
48 Fool
51 Stiller or Stein
52 String instrument
53 — out (supplemented)
54 Alias abbr.
55 Tend texts
56 "— hear you correctly?"

Down

1 Prohibits
2 Hexagonal state
3 One thin —
4 Buffet table fuel
5 With skill
6 Meadow
7 Picnic intruder
8 Unyielding
9 "Jeopardy!", e.g.
10 Hollywood clashers
11 Bound along
16 Expert
20 Dine
22 New Testament book
23 "My bad"
24 Protrude
25 Work with
26 Barry Humphries portrayal
27 Marathon fraction
29 Spoonbender Geller
30 Idaho, the — State
35 Zero-star review
37 Get angry
39 Trumpet feature
40 Chest protector
41 Actress Jessica
42 Stench
43 Fedora material
44 Munro pseudonym
45 Even
46 "The King —"
49 Help
50 Miss Piggy's pronoun

▶ Yesterday's answer

G	O	L	F	■	D	E	S	■	O	B	I	S
O	M	A	R	■	U	G	H	■	C	E	D	E
U	N	D	E	R	A	G	E	■	A	V	O	W
P	I	S	T	O	L	■	M	O	R	E	L	S
■	■	■	S	C	I	■	P	A	I	R	■	■
P	A	S	■	A	T	M	■	K	N	A	C	K
S	N	U	B	■	Y	A	M	■	A	G	U	E
I	N	F	R	A	■	P	O	P	■	E	R	G
■	■	F	O	N	D	■	T	A	M	■	■	■
G	Y	R	A	T	E	■	I	C	A	R	U	S
R	O	A	D	■	C	O	V	E	R	A	G	E
U	R	G	E	■	O	D	E	■	D	I	L	L
B	E	E	N	■	Y	D	S	■	I	D	Y	L

Sudoku

	4			6				9
		3	8		5			2
			3	1	4			
	6					1		
8	3						2	5
		7					8	
			1	4	2			
6			7		9	8		
1				8			5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	1	7	5	8	2	4
1	5	7	2	8	4	9	6	3
8	2	4	6	9	3	5	7	1
4	3	1	8	6	9	7	5	2
9	7	8	5	3	2	1	4	6
2	6	5	4	1	7	3	9	8
6	1	2	9	5	8	4	3	7
7	8	9	3	4	6	2	1	5
5	4	3	7	2	1	6	8	9

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To my mom, Beanie. Thanks for everything you do for me.
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Jesse; 3 years together already baby! Guess its really true- All you need is love!
LOVE, DRINI

A million blowing kisses to my one and only Sweety Pie for preparing all my meals. They are yummy and healthy and have made me lose an unbelievable 30 lbs so far. Now I am as fit as you are. You're simply the best!
LOVE, KULOT

Shotgun Shorty you sit passenger in the ride. You stay close, stay ready like the shotty on the side. And as life unfold around you, make sure your eyes stay open wide, cause Shorty know a Shotgun make a Superheros bride.. Happy 7 Months Baybee. **LOVE YOU**

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TWN incorporates MSC data

Today	Friday	Saturday
Partly cloudy	Partly cloudy	Variable
21° / 13°	18° / 12°	16° / 12°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 Look and act confident in everything you do today and you will accomplish great things. Fortunately as an Aries you don't really have to act: you know you are the best.

♉ Taurus April 21-May 21 Each way you turn today there will be someone who rubs you up the wrong way. You might want to get angry with them but the planets warn that if you react it will only make matters worse.

♊ Gemini May 22-June 21 A conversation you listen in on today will get you thinking, but before you act make sure it's reliable. Just because someone says it does not make it true.

♋ Cancer June 22-July 22 You will find it difficult to keep your opinions to yourself today, and the result could be a major argument. You have important things to say and if others get annoyed it means you are saying them right.

♌ Leo July 23-Aug.23 Don't be too hard on yourself if you have made some kind of mistake. The important thing is that you learn from it and don't make it again.

♍ Virgo Aug. 24- Sept. 22 Take control of your life and stay in control no matter how much others might pressure you to let them make decisions for you. Trust no one but yourself over the next 24 hours — and even then not entirely!

♎ Libra Sept. 23-Oct. 23 You may look confident on the outside but on the inside you are worrying yourself sick about something that should have been dealt with a long time ago.

♏ Scorpio Oct. 24-Nov. 22 You will find yourself at odds with those around you today, especially if you are one of those Scorpios who insist on putting their feelings into words no matter what effect it might have on others.

♐ Sagittarius Nov. 23-Dec. 21 Authority figures seem to be giving you a lot of grief at the moment, but the good news is that today's cosmic influences will help you turn on the charm.

♑ Capricorn Dec. 22-Jan. 20 Focus your mind in one particular direction and don't let anything distract you. If you try to get your thoughts round several things at once you will only confuse yourself.

♒ Aquarius Jan. 21-Feb. 18 Be careful you don't let slip information that is not yours to divulge. If you do it is unlikely that a friend will ever trust you again.

♓ Pisces Feb. 19-March 20 You enjoy taking an opposing viewpoint to everyone else, because it gives you the chance to show how tough-minded you can be. Today though you must be careful who you disagree with.

SALLY BROMPTON

Caption contest

JOEL PHILIPPSEN/THE ASSOCIATED PRESS

WIN!

You write it!

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MARK BAKER/THE ASSOCIATED PRESS

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